

SEPTEMBER 2019

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

Chef (34g), Apple Feta (82g) and Fruit Salad Available Daily for lunch

MON		2		TUE		3		WED		4		THU		5		FRI		6	
--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
WK 2 NO SCHOOL		Tony's Sausage Bk Pizza (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Crescent Choc Filled (37g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		BeneFit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
NO SCHOOL		Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Fries (27g), Mixed Fruit (~16g)		Steak Burrito (32g), Salad w/Tomatoes (2g), Peaches (16g)		Red Chile Beef Enchiladas (33g), Spanish Rice (20g), Beans (14g), Salad w/ Diced Tomatoes (3g), Pineapple (17g)		Pizza Personal (32g), Salad w/Diced Tomatoes (3g), Sliced Apples (8g)		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
NO SCHOOL		Pork Chop (11g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		BBQ Chicken Leg (7g), Green Beans (4g), Whole Wheat Roll (29g), Peaches (16g)		Corn Dog (33g), Fries (27g), Pineapple (17g)		Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
MON		9		TUE		10		WED		11		THU		12		FRI		13	
--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
WK 3 Mini Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Waffles (38g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
Meatball Sub (38g), Fries (21g), Seasonal Fruit (~15g)		Chicken Fajita Burrito (35g), Salad w/Diced Tomatoes (3g), Mixed Fruit (16g)		Honey Siracha Chicken (24g), Brown Rice (28g), Steamed or Fresh Broccoli & Carrots (5g), Rice Krispie Treat (37g), Pineapple (17g), Fortune Cookie (5g)		Quesadilla (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g)		Breaded Chicken Patty (15g) Mashed Potatoes (18g), Roll (28g), Country Gravy (3g), Sliced Apples (~8g)		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Baby Carrots (6g), Seasonal Fruit (~15g)		BBQ Dippers (10g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (~17g)		Green Chile Chicken Enchiladas (34g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)		Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
MON		16		TUE		17		WED		18		THU		19		FRI		20	
--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
WK 1 Frudel (36g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Pancake on Stick (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		No School		Muffin (40g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Bug Bite Crackers (21g) & Cheese Stick (1g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
Steak Fingers (17g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (29g), Gravy (4g), Seasonal Fruit (~15g)		Cheese Steak Sandwich (40g), Fries (21g), Salad w/ Tomatoes (3g), Mixed Fruit (16g)		No School		CrunchyTacos (20g), Spanish Rice (27g), Salad w/Diced Tomatoes (3g) Peaches (16g)		Meatloaf (8g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (28g), Brown Gravy (3g), Sliced Apples (~8g)		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
Pizza (36g) Salad w/Diced Tomatoes (3g), Seasonal Fruit (~15g)		Chicken Nuggets (13g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		No School		Tangerine Chicken (25g), Brown Rice (28g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g), Rice Crispy Treat (37g), Fortune Cookie (5g)		Cheese Sticks w/Marinara (45g), Salad w/Tomatoes (3g), Sliced Apples (~8g)		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
MON		23		TUE		24		WED		25		THU		26		FRI		27	
--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
WK 2 Cinnamon Roll (42g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Tony's Sausage Bk Pizza (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Morning Roll (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		BeneFit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
Chicken Fried Steak (16g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (29g), Gravy (4g), Seasonal Fruit (~15g)		Green Chile Chicken Enchiladas (34g), Spanish Rice (20g), Beans (23g), Salad w/ Diced Tomatoes (3g), Pineapple (17g)		Steak Burrito (32g), Salad w/Tomatoes (2g), Peaches (16g)		Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Fries (27g), Mixed Fruit (~16g)		Pizza Personal (32g), Salad w/Diced Tomatoes (3g), Sliced Apples (8g)		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
Frito Pie (38g), Corn (16g), Seasonal Fruit (~15g)		Pork Chop (11g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		BBQ Chicken Leg (7g), Green Beans (4g), Whole Wheat Roll (29g), Peaches (16g)		Mexican Beefy Mac (37g), Breadstick (13g), Green Beans (4g), Pineapple (17g)		Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
MON		30		TUE		1		WED		2		THU		3		FRI		4	
--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
WK 3 NO SCHOOL		Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Waffles (38g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
NO SCHOOL		Chicken Fajita Burrito (35g), Salad w/Diced Tomatoes (3g), Mixed Fruit (16g)		General Tso (26g), Brown Rice (28g), Steamed or Fresh Broccoli & Carrots (5g), Rice Krispie Treat (37g), Pineapple (17g), Fortune Cookie (5g)		Quesadilla (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g)		Breaded Chicken Patty (15g) Mashed Potatoes (18g), Roll (28g), Country Gravy (3g), Sliced Apples (~8g)		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	
NO SCHOOL		BBQ Dippers (10g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (~17g)		Bean & Cheese Pupusas (33g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)		Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--		--LUNCH--	